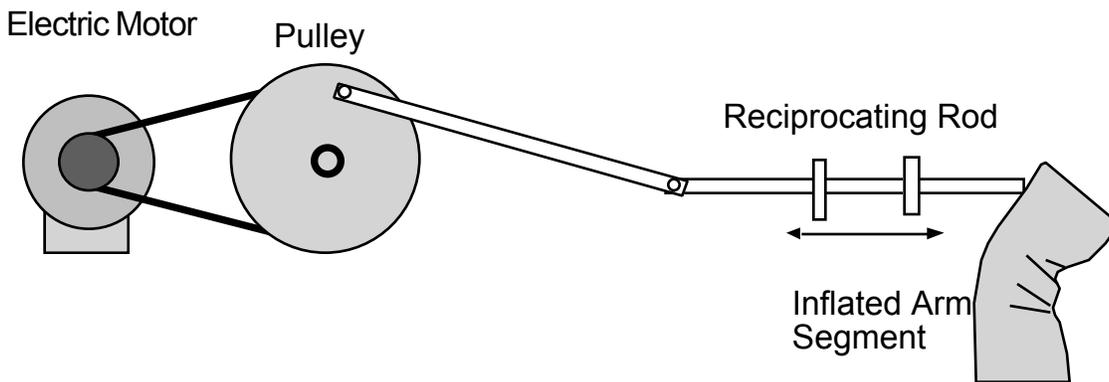


# Idea Bank

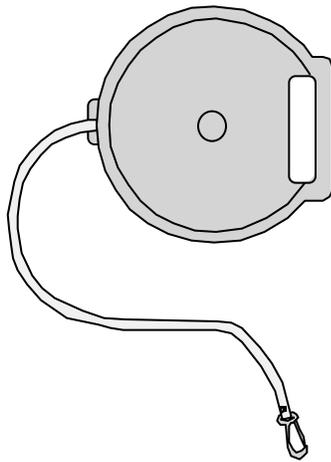
---

Use these ideas as suggestions for additional testing and measurement apparatus and for techniques that could be employed for constructing suit parts.

## 1. Suit Arm and Leg Bending Tester

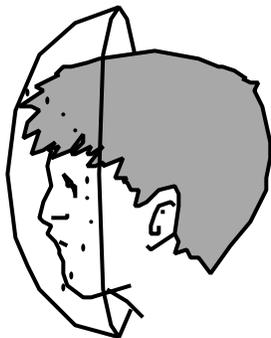
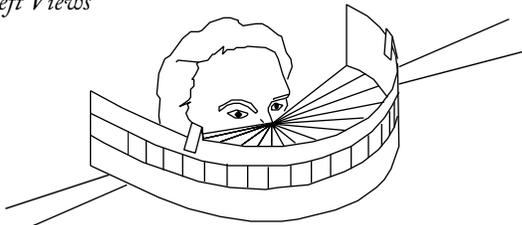


## 2. Tethers



**3. Field of Vision Tester for Helmet Vision Design**  
Determine how much visibility is needed for a space suit helmet by measuring the field of vision of students. Two different ways for doing this are shown.

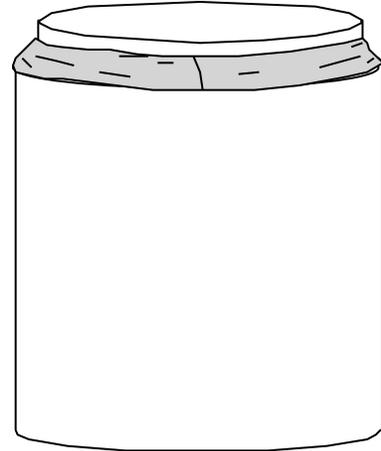
*Test for Right and Left Views*



*Omnidirectional test. Use clear plastic punch bowl and place dots at limit of vision.*

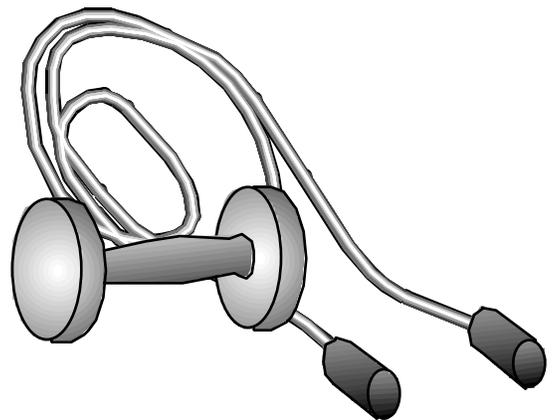
## 4. Connector Seal Test

Place Martian sediment simulant or other dry sandy sediment in the jar. Place plastic tape over the zone where the lid comes together with the jar. Shake the jar several hundred times and then remove the tape to see if any sediment made its way through the jar and lid threads to stick to the tape.

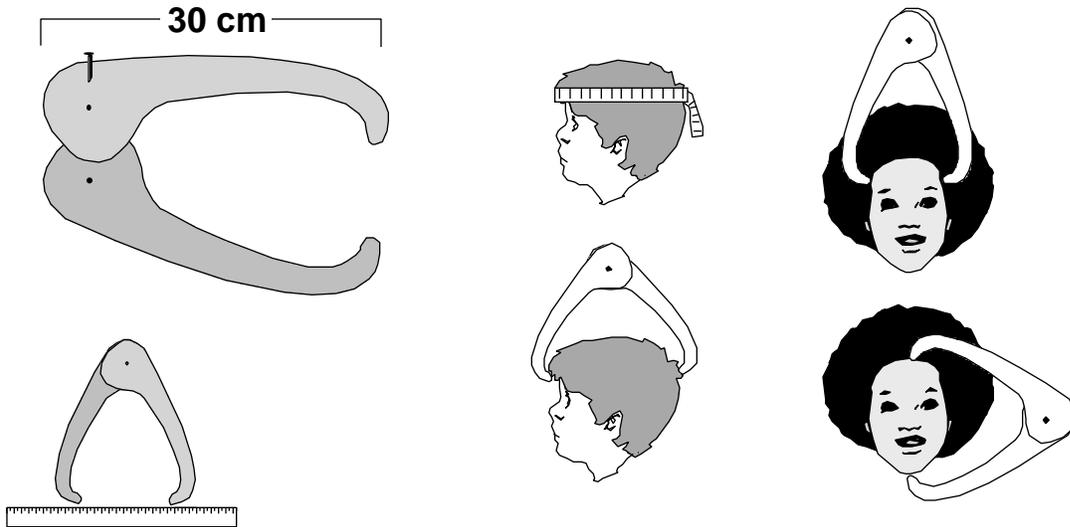


## 5. Weightlifting

Research an exercise routine that can be used to strengthen the upper body. This is the area of the body that receives the greatest workout during a spacewalk in Earth orbit. Design exercises for strengthening the lower torso and for planetary surface exploration.



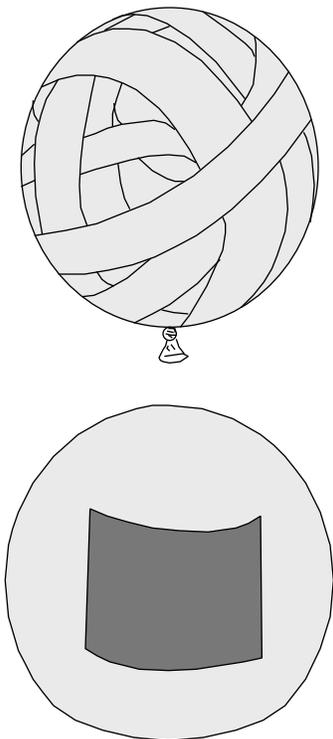
## 6. Measurements for Space Helmet



## 7. Paper Maché Space Helmet

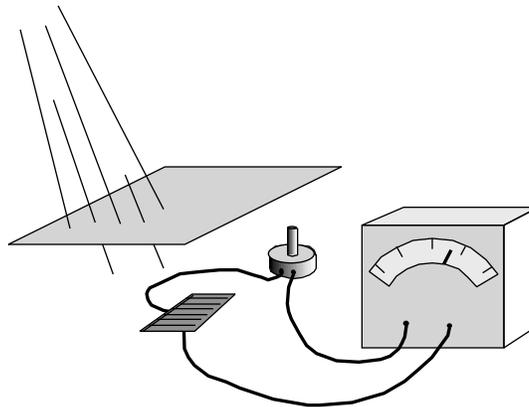
Inflate a large round balloon to a diameter greater than student heads. Cover the balloon with four layers of paper maché. Paper maché can be made with newspaper strips and a 50/50 solution of white

glue and water or with premixed wallpaper paste. Let each layer dry before applying the next one. When completely dry, deflate and remove the balloon and cut appropriate holes with a scissors. Paint as desired.



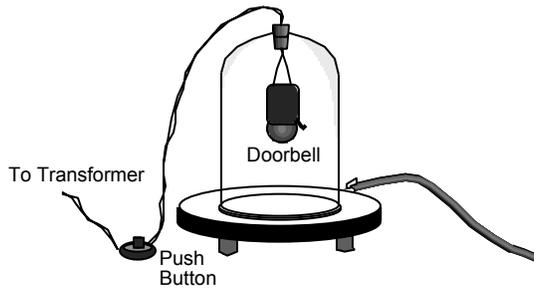
## 8. Visor Light Transmission Tester

Connect a solar cell to a potentiometer and a millimeter. These items are available from an electronic parts store. Adjust the potentiometer so a light source you are measuring does not drive the needle off the scale. Place potential space helmet visor material between the light source and the solar cell to evaluate the material's light-filtering properties.



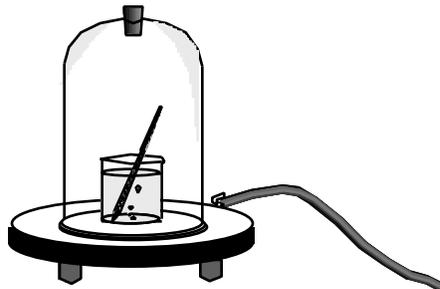
### 9. Vacuum Experiment - 1

Obtain an electric doorbell, push button, and doorbell transformer. Insert the wires to the doorbell through a single-hole rubber stopper. The stopper should fit the upper hole in the bell jar. Fill the rest of the stopper hole with hot glue from a hot-glue gun to seal the wires in place. Evacuate the bell jar and ring the doorbell. While holding the button, gradually let air back into the jar. The bell cannot be heard ringing when the jar is evacuated even though the clapper can be seen to be moving. This demonstration explains why spacesuits have 2-way radios. Sound is not conducted through a vacuum.



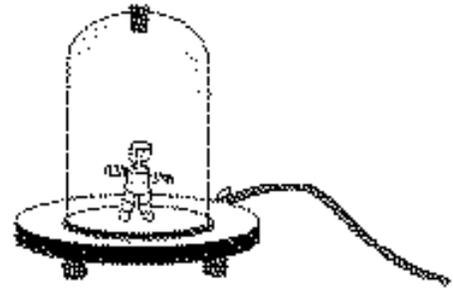
### 10. Vacuum Experiment - 2

Show how fluids like water boil when they are exposed to a vacuum. Place water in a beaker and evacuate the bell jar. The demonstration will take place more rapidly if warm water is used. Place a thermometer in the beaker to record the boiling temperature.



### 11. Vacuum Experiment - 3

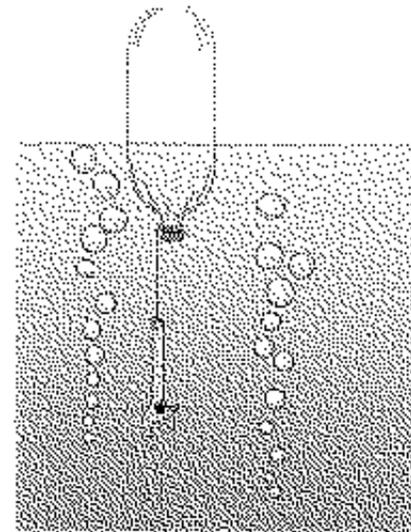
Construct a marshmallow astronaut out of regular size and mini marshmallows and toothpicks. Evacuate the bell jar and observe how the marshmallows expand. Living tissue will also inflate in a vacuum because of gas bubbles forming in the fluids of cells.



*Note: The vacuum pump, vacuum plate, and bell jar needed for the activities on this page are common pieces of science equipment found in many junior and senior high schools. This equipment is available from school science supply catalogs.*

### 12. Underwater Training

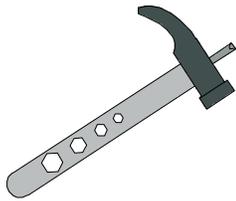
If a swimming pool is available, practice underwater EVA training. Have students wear a dive mask



and assemble PVC water pipe parts underwater. Make a weighted panel that has bolts protruding from it. Use a chrome steel wrench to try to turn the bolts while free floating in the water. Make tools appear weightless by attaching a string to the handles and to empty two liter soft drink bottles. Invite a local SCUBA shop to participate in the activity. The shop owners might be willing to supply dive equipment and serve as safety divers during the simulation.

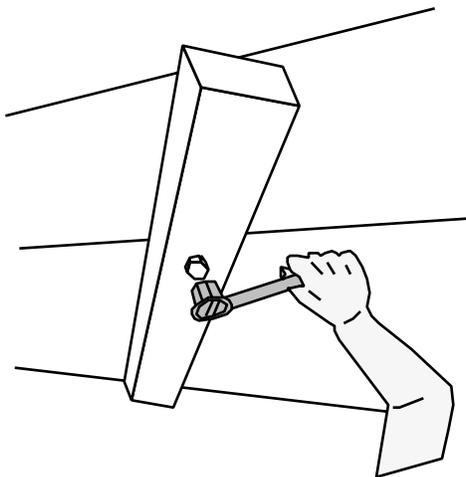
### 13. Design A Tool

Have students design and construct a prototype multipurpose tool for use on spacewalks. The tool should combine the functions of single purpose tools such as hammers, screw drivers, wrenches, etc. The tool should also make provisions for attachment to tethers and easy gripping.



### 14. Torque

Place a student on a swivel office chair or on a rotating platform like a child's Sit and Spin®. Have two other students hold a 2 by 4, with a bolt par-



tially screwed into it, over the first student. The first student will find it difficult to turn the bolt with a wrench without spinning as well. Relate this to the challenges astronauts have on spacewalks when they try to do a similar job. To turn a bolt or move some massive object in space, an astronaut is attached to a stable work platform.

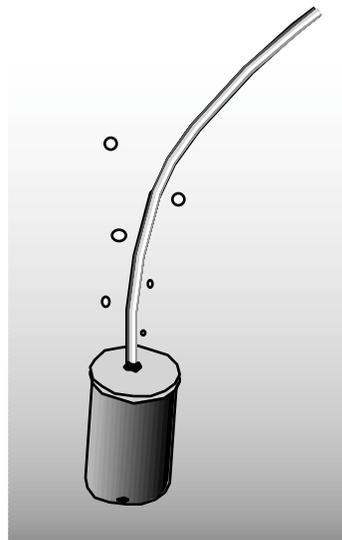
### 15. Glove Work

Use rubber-coated work gloves from a hardware store to demonstrate the importance of spacesuit gloves that are comfortable to wear. Have students attempt to screw a bolt into a nut or assemble plastic snap toys into a structure. Discuss how these gloves can be improved to make them easier to use.



### 16. Neutral Buoyancy

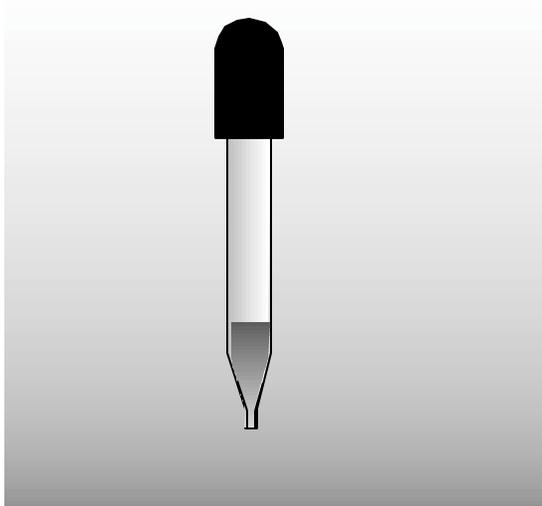
Astronauts simulate microgravity for spacesuit training in a deep swimming pool. Their spacesuits are specially weighted to produce neutral buoyancy.



You can investigate neutral buoyancy by creating a small submarine out of a plastic film canister, aquarium tubing, pennies, and hot glue. Punch two holes at the base of the canister and a hole in the lid. Hot glue the end of the aquarium tube into the hole in the lid. Add several pennies to the canister so that when you place it in a water-filled aquarium, the canister just floats. Suck air out of the tube to cause the canister to sink. Try to get the canister to hover half way from the bottom to the surface.

#### 17. Neutral Buoyancy - 2

Neutral buoyancy can also be investigated with a Cartesian diver. Fill a plastic soft drink bottle with water. Insert an eyedropper that is partially filled with water. Cap the bottle and squeeze the bottle's sides to increase the pressure in the bottle. The trapped air in the eyedropper will compress and the eye dropper will sink. Try to get the eyedropper to hover midway in the bottle.



# Glossary

---

AMU	Astronaut Maneuvering Unit
Apollo	NASA project that landed astronauts on the Moon
CCA	Communications Carrier Assembly
CCC	Contaminant Control Cartridge
Composite Material	Substance derived by combining two or more materials such as glass fibers and epoxy
DCM	Displays and Control Module
EEH	EMU Electrical Harness
EMU	Extravehicular Mobility Unit
EVA	Extravehicular Activity; Extravehicular Visor Assembly
Gemini	NASA project that pioneered space flight technologies for spacecraft rendezvous and docking and spacewalking
HHMU	Hand-Held Maneuvering Unit
HUT	Hard Upper Torso
IDB	In-Suit Drink Bag
ISS	International Space Station
Joule	One newton meter or $1 \text{ kg} \cdot \text{m}^2/\text{s}^2$
Kilopascal	Metric pressure unit; one pound per square inch pressure equals 6.895 kilopascals
Kinetic Energy	Energy in motion
LCVG	Liquid Cooling-and-Ventilation Garment
MAG	Maximum Absorption Garment
Microgravity	An environment, produced by free-fall, that alters the local effects of gravity and makes objects seem weightless
Micrometeoroid	Tiny particle of space debris (natural or artificial) traveling at high speed through space



MMU	Manned Maneuvering Unit
Mercury	The NASA project that launched the first U.S. astronauts into space and demonstrated that humans could live and work in space
ORU	Orbital replacement unit
PLSS	Primary Life-Support System
Regolith	Sediment derived directly from igneous rock and not containing any organically-derived materials
RMS	Remote Manipulator System
SCU	Service and Cooling Umbilical
Skylab	First U.S. space station
SOP	Secondary Oxygen Pack
SAFER	Self-rescue rocket backpack device for use during spacewalks around the International Space Station
Space Shuttle	Reusable spaceship currently used for all U.S. manned space missions
Spacewalk	Extravehicular activity
Sublimation	Change of state of matter from a solid to a gas



# References

---

- Allen, J.P. with Martin, M. (1984), *Entering Space, An Astronaut's Odyssey*, Stewart, Tabori & Chang, New York City, NY.
- Compton, W. & Bensen, C. (1983), *Living and Working In Space, A History of Skylab*, NASA SP-4208, Scientific and Technical Information Branch, NASA Headquarters, Washington, DC.
- Kozloski, L. (1994), *U.S. Space Gear, Outfitting The Astronaut*, Smithsonian Institution Press, Washington, DC.
- Kuznik, F. (1997), *Spacesuit Saga: A Story in Many Parts*, Air & Space, V12N3.
- Machell, R. ed. (1967), *Summary of Gemini Extravehicular Activity*, NASA SP-149, Scientific and Technical Information Division, Office of Technology Utilization, NASA Headquarters, Washington, DC.
- Mohler, S.R. & Johnson, B.H. (1971), *Wiley Post, His Winnie Mae, and the World's First Pressure Suit*, Smithsonian Institution Press, Washington, DC.
- NASA (1973), *Apollo*, EP-100, NASA Headquarters, Washington, DC.
- NASA (1991), *Go For EVA*, Liftoff to Learning Series. (Videotape), Education Working Group, NASA Johnson Space Center, Houston, TX.
- NASA (1987), *The Early Years: Mercury to Apollo-Soyuz*, Information Summaries, PMS 001-A, NASA Kennedy Space Center, FL.
- NASA (1970), *The First Lunar Landing As Told by The Astronauts*, EP-73, NASA Headquarters, Washington, DC.
- Vogt, G. (1987), *Spacewalking*, Franklin Watts, New York City, NY.
- Vogt, G., Rodgers, M. and Wargo, M. (1997), *Microgravity - A Teacher's Guide With Activities, Secondary Level*, EG-1997-08-110-HQ, NASA Headquarters, Washington, DC.



# NASA Resources for Educators

NASA's Central Operation of Resources for Educators (CORE) was established for the national and international distribution of NASA-produced educational materials in audiovisual format. Educators can obtain a catalogue and an order form by one of the following methods:

- NASA CORE  
Lorain County Joint Vocational School  
15181 Route 58 South  
Oberlin, OH 44074
- Phone (440) 774-1051, Ext.249 or 293
- Fax (440) 774-2144
- E-mail [nasaco@leeca8.esu.k12.oh.us](mailto:nasaco@leeca8.esu.k12.oh.us)
- Home Page: <http://spacelink.nasa.gov/CORE>

## Educator Resource Center Network

To make additional information available to the education community, the NASA Education Division has created the NASA Educator Resource Center (ERC) network. ERCs contain a wealth of information for educators: publications, reference books, slide sets, audio cassettes, videotapes, telelecture programs, computer programs, lesson plans, and teacher guides with activities. Educators may preview, copy, or receive NASA materials at these sites. Because each NASA Field Center has its own areas of expertise, no two ERCs are exactly alike. Phone calls are welcome if you are unable to visit the ERC that serves your geographic area. A list of the centers and the regions they serve includes:

*AK, AZ, CA, HI, ID, MT, NV, OR, UT,  
WA, WY*  
NASA Educator Resource Center  
Mail Stop 253-2  
NASA Ames Research Center  
Moffett Field, CA 94035-1000  
Phone: (415) 604-3574

*CT, DE, DC, ME, MD, MA, NH, NJ, NY,  
PA, RI, VT*  
NASA Educator Resource Laboratory  
Mail Code 130.3  
NASA Goddard Space Flight Center  
Greenbelt, MD 20771-0001  
Phone: (301) 286-8570

*CO, KS, NE, NM, ND, OK, SD, TX*  
JSC Educator Resource Center  
Space Center Houston  
NASA Johnson Space Center  
1601 NASA Road One  
Houston, TX 77058-3696  
Phone: (281) 483-8696

*FL, GA, PR, VI*  
NASA Educator Resource Laboratory  
Mail Code ERL  
NASA Kennedy Space Center  
Kennedy Space Center, FL 32899-0001  
Phone: (407) 867-4090

*KY, NC, SC, VA, WV*  
Virginia Air and Space Museum  
NASA Educator Resource Center for  
NASA Langley Research Center  
600 Settlers Landing Road  
Hampton, VA 23669-4033  
Phone: (757) 727-0900 x 757

*IL, IN, MI, MN, OH, WI*  
NASA Educator Resource Center  
Mail Stop 8-1  
NASA Lewis Research Center  
21000 Brookpark Road  
Cleveland, OH 44135-3191  
Phone: (216) 433-2017

*AL, AR, LA, LA, MO, TN*  
U.S. Space and Rocket Center  
NASA Educator Resource Center for  
NASA Marshall Space Flight Center  
P.O. Box 070015  
Huntsville, AL 35807-7015  
Phone: (205) 544-5812

*MS*  
NASA Educator Resource Center  
Building 1200  
NASA John C. Stennis Space Center  
Stennis Space Center, MS 39529-6000  
Phone: (601) 688-3338

NASA Educator Resource Center  
JPL Educational Outreach  
Mail Stop CS-530  
NASA Jet Propulsion Laboratory  
4800 Oak Grove Drive  
Pasadena, CA 91109-8099  
Phone: (818) 354-6916

*CA cities near the Center*  
NASA Educator Resource Center for  
NASA Dryden Flight Research Center  
45108 N. 3rd Street East  
Lancaster, CA 93535  
Phone: (805) 948-7347

*VA and MD's Eastern Shores*  
NASA Educator Resource Lab  
Education Complex - Visitor Center  
Building J-1  
NASA Wallops Flight Facility  
Wallops Island, VA 23337-5099  
Phone: (757) 824-2297/2298

Regional Educator Resource Centers offer more educators access to NASA educational materials. NASA has formed partnerships with universities, museums, and other educational institutions to serve as regional ERCs in many states. A complete list of regional ERCs is available through CORE, or electronically via the NASA Education Home Page at: <http://www.hq.nasa.gov/education>

NASA On-line Resources for Educators provide current educational information and instructional resource materials to teachers, faculty, and students. A wide range of information is available, including science, mathematics, engineering, and technology education lesson plans, historical information related to the aeronautics and space program, current status reports on NASA projects, news releases, information on NASA educational programs, useful software and graphics files. Educators and students can also use NASA resources as learning tools to explore the Internet, accessing information about educational grants, interacting with other schools which are already on-line, and participating in on-line interactive projects, communicating with NASA scientists, engineers, and other team members to experience the excitement of real NASA projects.

Access these resources through the NASA Education Home Page: <http://www.hq.nasa.gov/education>

NASA Television (NTV) is the Agency's distribution system for live and taped programs. It offers the public a front-row seat for launches and missions, as well as informational and educational programming, historical documentaries, and updates on the latest developments in aeronautics and space science. NTV is transmitted on the GE-2 satellite, Transponder 9C at 85 degrees West longitude, vertical polarization, with a frequency of 3880 megahertz, and audio of 6.8 megahertz.

Apart from live mission coverage, regular NASA Television programming includes a Video File from noon to 1:00 pm, a NASA Gallery File from 1:00 to 2:00 pm, and an Education File from 2:00 to 3:00 pm (all times Eastern). This sequence is repeated at 3:00 pm, 6:00 pm, and 9:00 pm, Monday through Friday. The NTV Education File features programming for teachers and students on science, mathematics, and technology. NASA Television programming may be videotaped for later use.

For more information on NASA Television, contact:  
NASA Headquarters, Code P-2, NASA TV, Washington, DC 20546-0001 Phone: (202) 358-3572  
NTV Home Page: <http://www.hq.nasa.gov/ntv.html>

## How to Access NASA's Education Materials and Services, EP-1996-11-345-HQ

This brochure serves as a guide to accessing a variety of NASA materials and services for educators. Copies are available through the ERC network, or electronically via NASA Spacelink. NASA Spacelink can be accessed at the following address: <http://spacelink.nasa.gov>



Grade Level	Application
K-8	Technology Education, Life Sciences, Physical Science, History

# Go For EVA!

## Educational Videotape Series



Image from the videotape *Go for EVA!* of the *Liftoff To Learning* Videotape Series.

*Go For EVA!* is from the *Liftoff to Learning Educational Videotape Series*, which allows students to study science, mathematics, and technology with crew members aboard Space Shuttle flights.

*Go For EVA!* discusses how spacesuits protect astronauts from the hostile space environment, explains what the components of the spacesuit are, describes how the suit functions, and shows what types of work astronauts perform while spacewalking. Actual footage of spacewalks—also known as Extravehicular Activities (EVAs)—illustrate how spacesuits allow astronauts to operate scientific apparatus, assemble equipment and structures, pilot the Manned Maneuvering Unit, take pictures, and service satellites and space hardware.

Length: 13:48

To obtain a copy of the *Go For EVA!* videotape and accompanying Video Resource Guide, or for more information on the *Liftoff to Learning Educational Videotape Series*, contact your local Educator Resource Center or the NASA Central Operation of Resources for Educators (CORE). See page 99 for details.



# Suited for Spacewalking

## A Teacher's Guide with Activities for Technology Education, Mathematics, and Science

### TEACHER REPLY CARD

To achieve America's goals in Educational Excellence, it is NASA's mission to develop supplementary instructional materials and curricula in science, mathematics, and technology. NASA seeks to involve the educational community in the development and improvement of these materials. Your evaluation and suggestions are vital to continually improving NASA educational materials.

**Please take a moment to respond to the statements and questions below. You can submit your response through the Internet or by mail. Send your reply to the following Internet address:**

*[http://ednet.gsfc.nasa.gov/edcats/teacher\\_guide](http://ednet.gsfc.nasa.gov/edcats/teacher_guide)*

**You will then be asked to enter your data at the appropriate prompt.**

Otherwise, please return the reply card by mail. Thank you.

1. With what grades did you use the guide?

Number of **Teachers/Faculty**:

- K-4                       Community College  
 5-8                         College/University - Undergraduate  
 9-12                        College/University - Graduate

Number of **Students**:

- K-4                         Community College  
 5-8                         College/University - Undergraduate  
 9-12                        College/University - Graduate

Number of **Others**:

- Administrators/Staff     Professional Groups  
 Parents                     Civic Groups  
 General Public            Other \_\_\_\_\_

2. What is your home 5- or 9-digit zip code? \_\_\_\_\_

3. How was the quality of this video guide?

- Excellent     Good     Average     Poor     Very Poor

4. How did you use this guide?

- |   |  |
|---|--|
| <input type="radio"/> Background Information              | <input type="radio"/> Critical Thinking Tasks    |
| <input type="radio"/> Demonstrate NASA Materials          | <input type="radio"/> Demonstration              |
| <input type="radio"/> Group Discussions                   | <input type="radio"/> Hands-On Activities        |
| <input type="radio"/> Integration Into Existing Curricula | <input type="radio"/> Interdisciplinary Activity |
| <input type="radio"/> Lecture                             | <input type="radio"/> Science and Mathematics    |
| <input type="radio"/> Team Activities                     | <input type="radio"/> Standards Integration      |
| <input type="radio"/> Other: Please specify: _____        |  |

5. Where did you learn about this guide?

- NASA Central Operation of Resources for Educators (CORE)  
 NASA Educator Resource Center  
 Institution/School System  
 Fellow Educator  
 Workshop/Conference  
 Other: Please specify: \_\_\_\_\_

6. What features of this guide did you find particularly helpful?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. How can we make this guide more effective for you?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

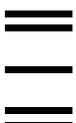
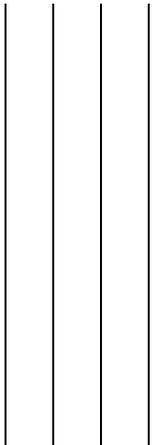
8. Additional comments:

\_\_\_\_\_

\_\_\_\_\_

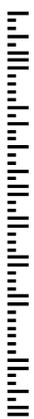
\_\_\_\_\_

Today's Date: \_\_\_\_\_



Please Place  
Stamp Here  
Post Office  
Will Not Deliver  
Without Proper  
Postage

**NATIONAL AERONAUTICS AND SPACE ADMINISTRATION  
EDUCATION DIVISION  
CODE FE  
WASHINGTON DC 20546-0001**



Fold along line and tape closed.